GO

USING YOUR INSTRUMENT

5. Verify that your instrument is activated.
– If necessary, turn on your instrument as described in step 3.
– Within 10 minutes you should receive the current time and date.
– Within 12 hours you should receive your personalized content, including a Welcome message.
– To view the Welcome message, press the Channel/Mode button until the Messages channel appears.
– Wait a moment for the Welcome message to appear.
– When you receive the Welcome message the Register screen disappears, and you start receiving channel content.

6. Enjoy your instrument!

Start/Lap/Light – Press this button to start Chrono and to store lap/split times in Chrono. Press this button to illuminate your instrument screen.

Channel/Mode – Press this button to access your personal channels and channel modes.

Next/Stop – Press this button to view the next channel/mode in your personal list. Press this button to stop Chrono and to reset the display.

Enter – Press this button to navigate the channel/mode that's currently displayed. Press this button to navigate mode submenus to select settings.

Previous – Press this button to view the previous channel/mode in your personal list and change settings and units.

FUN THINGS TO DO WITH YOUR NEW SUUNTO n6HR.

Receive messages – Use the Messages channel to receive text messages.
Check the weather – Be prepared! Scan weather reports for major cities in the world. View current conditions (wind, humidity, barometric pressure and UV index), three-day forecasts and more.
Read the news – Stay abreast of what's going on in the world. Receive only the types of news stories that interest you including: world, national, business, sports, entertainment and health.
Get in shape – Use Chrono and Heart rate functions for controlling your training intensity and improving your fitness. You can plan your workouts on your PC and get them automatically to your smart watch, so you know when it's time to go for it.

For more information about using your instrument, see the Suunto n6HR instruction manual. For information about the MSN Direct service, including how to personalize the information you receive, channel updates, new channels, changing your location and customer support, go to the MSN Direct Web site at www.msndirect.com.

msn Direct

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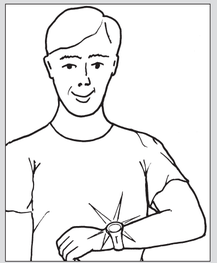
SUUNTO n6HR
Quick Start Guide

SUUNTO
REPLACING LUCK.

www.suunto.com

WELCOME TO THE WORLD OF SUUNTO.



Congratulations on the purchase of your new Suunto n6HR! Your new instrument integrates leading edge wireless technology with trend-setting fashion. When you sign up for the MSN® Direct service, you choose exactly which information you want to receive. MSN Direct is a wireless service that delivers Internet-based content directly to your instrument. With a quick glance at your wrist, stay in-the-know on a variety of topics such as news, stocks, weather and sports.

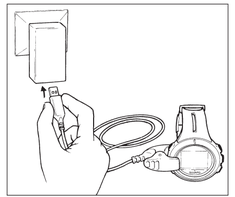
Setting up your instrument is quick and easy. Just follow the Ready, Set, Go steps. If you can't complete all the steps at one time, that's okay. You can stop after any step and continue the setup process at a later time.

READY

CHARGING YOUR INSTRUMENT

1. Set up the charger.
– Connect a suitable power outlet plug and the USB cable to the adapter.
– Connect the adapter to the power outlet.

2. Charge your instrument.
– Connect the USB cable's data snake to the Suunto n6HR.
– Wait 3-5 hours for your Suunto n6HR to fully charge.



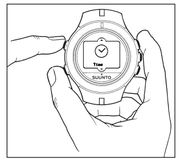
Charging time depends on the power level of the rechargeable battery. Charging of an empty battery may take up to 5 hours.

Note: You can also charge your instrument directly from your PC via the USB cable only, but you first need to install the USB software to your PC. The USB software installation package is on the CD delivered with the instrument. See the Suunto n6HR instruction manual for installation.

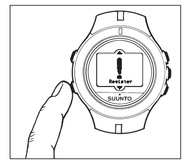
When your instrument has been charged, you are ready to activate the MSN Direct service and personalize the information you receive on your instrument. When you want to do so, complete the Set steps. The activation and personalization process takes approximately 20 minutes.

SET

SETTING UP THE MSN DIRECT SERVICE



3. Turn on your instrument.
– Remove your instrument from the charger once the Charged text appears on the n6HR display.
– If your instrument does not show anything on the screen, simultaneously press and release the Next/Stop, Start/Lap/Light and Channel buttons. The time face appears on your instrument.



4. Activate and personalize the MSN Direct service.
– Press the Channel/Mode button until the Register! screen appears.
– Wait a moment for your instrument ID to appear.

– From a computer connected to the Internet, go to the MSN Direct Web site at http://direct.msn.com/go and follow the instructions on your screen.
– When the Done! page appears, click the Personalize Service Now button and follow the instructions on your screen.

Congratulations! Your MSN Direct service is now activated and personalized. You should receive a Welcome message on your watch. You should also receive a confirmation e-mail within 24 hours. You can return to the Channels tab on the MSN Direct Web site at any time to change your selections.